**How Sustainable is Your Home?**

Carry out a sustainability survey of your home to determine how sustainable it really is. You could look at the following things:

**1. Travel**

How do you travel to school? How do your parents travel to work? To the shops?

How could we encourage more children/parents to walk to school or car share?

**2. Energy/Water Consumption**

Does your house have any sustainability features e.g. solar panels, wind turbine, improved insulation, grey water recycling, single and double flush?

**3. Outside space:**

Do you support wildlife e.g. wildlife area, pond, compost heap, nest boxes for birds, bats and insects, bug hotel? Is there a planting area where you grow vegetables?

**4. Food and Drink**

Is your food sourced locally (think about air miles)? Do you compost food waste? Do you grow any of your own food? Vegetable patch? Fruit trees?

**5. Waste**

What do you do to reduce, reuse, recycle or repair?

**Activity 1**

Collect results of your survey and create a plan of improvements that you and your family could make. There is a handy hints sheet on the next page.

**Activity 2**

Look for palm oil in the ingredients of the family shopping and make a list of items that contain it. Think of ways to avoid eating palm oil. For example, baking/making products to eat.

**INCREASING SUSTAINABILITY IN THE HOME**

**Saving energy**

• Use energy saving bulbs and turn them off when not needed

• Insulate your home - roof insulation, cavity wall insulation, double glazing,

reducing draughts around doors

• Turn down thermostat, reduce time heating is on, dress warmly instead of

turning up the heat

• Consider fitting solar panels to your home

• Turn off computer and TV when not in use, unplug charger as soon as your

mobile is charged

• Wait until there are a lot of clothes to be washed before using the washing

machine, hang washing outside to dry instead of using the tumble dryer

• Use public transport, walk or cycle to school

• Consider car share schemes and home working

• Buy locally sourced products to reduce transport costs.

**Saving Water**

• Ensure taps are turned off when not in use e.g. when brushing teeth

• Fit new washers when taps are dripping

• Reuse water e.g. bath water to water plants

• Save rain water in a water butt

• Use showers instead of baths and take shorter showers

• Put a ‘hippo’ in the toilet cistern.

• Fit aerating taps and shower heads

**Reducing Waste**

• Make a shopping list so you only buy what you need

• Find recipes to use up left over food

• Share any surplus food with friends and neighbours

• Compost any waste vegetable matter

• Re-use plastic bags or better still, use re-usable bags

• Use a re-usable water bottle instead of disposable ones

• Recycle everything you can e.g. clothes, cans, bottles, paper/card, batteries,

plastics, electronics

**Protecting Resources**

• Buy wooden and paper products with FSC mark

• Buy sustainably sourced fish with Marine Stewardship Council mark